

PULSE

Muhlenberg Medical Center

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NURSES' TRAINING UPDATED ON THE JOB



Bonnie Steitz

BONNIE STEITZ NEW DIRECTOR OF MH/MR BASE SERVICE UNIT

Bonnie Steitz has been named director of the Mental Health/Mental Retardation Base Service Unit at Muhlenberg Medical Center. The unit is one of two that serve residents of Lehigh County.

Mrs. Steitz had been a case work supervisor at the Base Service Unit since 1974. A native of Allentown she was graduated from Parkland High School and earned a bachelor's degree and a master's in counselling at Kutztown State College.

She was employed at the Base Service Unit at Allentown Hospital in 1969-72 and later was a guidance counselor for one year in the Allentown School District.

The MMC Base Service Unit has about 1,200 active cases involving chronic mental illness, and behavior, personality and adjustment problems.

The unit, located on Schoenersville Road opposite the hospital campus, provides information and referral services and case management. Psychotherapy is available to individuals, families and groups.

Mrs. Steitz pointed out that the unit also offers liaison services with other community agencies.



Lori Adams

Lori Adams Elected President of MMC Junior Auxiliary

Northampton students will provide most of the leadership for the MMC Junior Auxiliary during the coming school year. Lori Adams, a junior at Northampton High, was elected president for 1981-82. The daughter of Mr. and Mrs. Thomas Adams of Bath, she joined the auxiliary in March 1979.

Caroline Dumbach, also a junior at Northampton, is the new vice-president, and Michelle Hamm, a ninth grader at Northampton Junior High, was elected recording secretary.

Alice Andrukaitis, a Northampton junior, will be the corresponding secretary, and Stephanie Santos, a Freedom High senior, was elected treasurer. Ms. Santos is a former Miss MMC.

Getting Clinical Instruction on the Patient Units

Today's world of health care demands that the learning process can never stop. A new clinical instruction program at MMC is providing nurses with information and guidance on the patient units. Mary J. Matte, R.N., Associate Director of Nursing, stated that the program provides all required educational guidance. The clinical instructor will direct a nurse, who may not have had recent experience with a particular case by giving needed refresher information. Other staff members may need assistance in assessing patients, developing care plans, keeping records and other facets of care.

In addition to making information readily available, the program also creates a better work relationship. Mrs. Matte noted that the clinical instructor's location on the units is the final step in the decentralization of the Department of Nursing which began four years ago.

The three clinical instructors are Villa Dalugdug, R.N., B.S.N., 3-South and 3-East; Nancy Supon, R.N., 2-South; and Betty Fitzgerald, R.N., Emergency Room and Intensive Care Unit. They also act as instructor consultants to the Operating Room, Recovery Room and Psychiatric Unit. Each has considerable nursing and teaching experience. They also possess the necessary clinical competence and continually update their skills to guide and teach the nursing staff.

The program is augmented by in-service sessions which include guest lecturers and presentations by staff members discussing their own experiences with particular cases. Lecture topics include pertinent information for various staff needs.

The clinical instructors' new role at MMC will provide the necessary education for clinical competency required by the nursing professionals who are daily challenged by increased technological advances.



United Way

NUCLEAR MEDICINE IS MODERN TOOL FOR DIAGNOSING ILLNESS

The physician has determined that a particular organ of the patient is not functioning properly, but he needs more information. Is it enlarged? Has its shape changed? Is there some other detail that will enable him to complete his diagnosis?

A nuclear medicine diagnostic study, in many cases, can supply this necessary information. In this ultra-modern technique, the gamma camera peers inside the patient's body to provide images of organs and bones that help the physician determine the cause of malfunctions and disease.

A medication containing technetium, a low energy radioactive ingredient that is given intravenously, is chemically tagged or directed to the specific organ. When it arrives there the camera picks up the radioactivity to reveal considerable data about size, shape and function. This information helps to guide the physician in his treatment of the patient.

Eileen Houck, the new Chief Nuclear Medicine Technologist, pointed out that the radiation actually comes from inside the patient himself. There are no allergic or side effects from the procedure, and studies can be made of the same patient on consecutive days. This is possible because there is no build-up of radioactive material, which decays and is eliminated by the functions of the body. Studies can be

made even when the patient is unconscious or suffering a great deal of pain.

Ultrasound, another procedure in the department, uses the principle of sonar to help diagnose the cause of illness. The sound waves that rebound off the soft tissue can determine whether a mass is solid or cystic and also reveal its size.

Ms. Houck came to Muhlenberg Medical Center in 1977 after serving a nuclear medicine internship at Lancaster General Hospital. This program was offered in cooperation with the South Central Pennsylvania Consortium of Nuclear Medicine Technology from Harrisburg Hospital. She was graduated from Millersville State College with a bachelor's degree in Nuclear Medicine and is now working for a master's degree in Human Resources and Administration. These classes are being conducted by the University of Scranton at MMC.

The new chief is registered with the American Registry of Radiologic Technology and the Nuclear Medicine Certification Board, and is a member of the National Society of Nuclear Medicine.

The Nuclear Medicine/Ultrasound Department includes Sue Bernhard, R.N., who is a Registered Radiological Technician; Helene Boyle, secretary, and Catherine Sweigart, ARDMS, a registered ultrasonographer.

MH/MR UNIT OFFERS CASE MGT. SERVICES

Services are provided to mentally retarded children, adolescents and adults in Lehigh County through a contractual agreement Muhlenberg Medical Center has maintained for 8 years with the Lehigh County Mental Health/Mental Retardation Program. These case management services include individual and family counseling, in-home goal attainment programs, group recreation, babysitting and respite care.

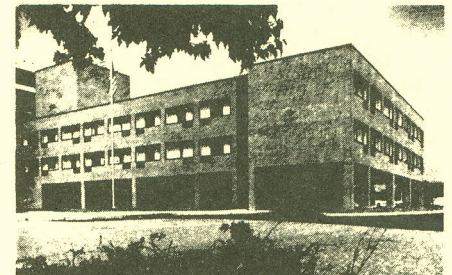
In 1974 the development of the Community Living Arrangements Program (CLA) began, in order to serve Lehigh County residents in state institutions, as well as those living in the community. These apartments are located in various neighborhoods, providing opportunities for the retarded to grow and develop in a community setting.

Because of the increasing need for community living, the unit has created a Core Team, which works with the entire CLA program to provide educational facets of behavior modification, and also develop specific programs on an individual basis.

The Lehigh County Mental Health/Mental Retardation Base Service Unit located at 2604 Schoenersville Road, Bethlehem, is a function of Muhlenberg Medical Center and, initially, the mental retardation satellite program was housed in that Mental Health Clinic. It was relocated in the Commonwealth Building, 512 Hamilton Street, Allentown, which is a more central location with space to accommodate an expanding staff.

Richard J. Smith is the coordinator of the community living program and J. Timothy Boyer and Rodell E. Pratt are the case managers. Connie Wagner and Donald E. Graham work with the entire CLA staff.

Edith Iampietro, Gayle Dodson and Alison Manwiller comprise the unit's specialist staff and Anne Capaldo and Andrea Germani are the secretaries. Kathy Falk is a case aide.



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STROKE CLUB WILL HEAR DR. LYCHAK



Dr. John C. Lychak

Dr. John C. Lychak, director of the MMC Mental Health Program, will be the speaker at the meeting of the Lehigh Valley Stroke Club on Thursday, October 22, at the hospital. The session will begin at 7:30 p.m.

Dr. Lychak will discuss "Depression" and how stroke victims can overcome this condition which is often the result of the attack.

The club, now in its second year, opened its 1981-82 schedule with a meeting at St. Luke's Hospital on September 22. Dr. David A. Eaton, chief of neurosurgery at St. Luke's, spoke on "Surgical Management of Stroke".

Kris Shafer, MMC director of social services, reported that approximately 75 persons attend the meetings which began last winter. The sessions are rotated between the two hospitals which co-sponsor the organization.

Membership is open to all stroke victims in the Lehigh Valley, regardless of whether they had been hospitalized. Spouses and members of the family are also invited to attend.

Information about the Lehigh Valley Stroke Club can be secured by calling the MMC Department of Community Relations, 861-2228.

PHARMACY ADOPTS UNIT DOSE PROGRAM



Kathleen Nash

Twice each day pharmacy carts arrive on the MMC patient floors with the unit dose medication for the next several hours. The 8:30 a.m. delivery has supplies for the 9 a.m.-3 p.m. period, while the 3:30 p.m. cart contains medication for the hours between 5 p.m. and 8 the next morning.

According to Kathleen Nash, the hospital's pharmacist, there were three basic reasons for launching the unit dose program on August 17: a more efficient way to handle medication, increased patient safety, better inventory control and more security. It replaced the long standing system of a 5-day supply of drugs on each floor.

Now pharmacy personnel go on the floors every hour between 8 a.m. and 4 p.m. to pick-up medication orders issued by the physicians. Back in the pharmacy the drug is listed on the patient's record along with the appropriate dose. Records are checked to determine whether the drug will interact with other medication prescribed for the patient.

The order is filled and placed in a cassette or drawer in the cart which bears the patient's name. On the floor the nurse and cart operator verify the dosage in the drawers to make sure their records agree. The drugs are then listed in the patient files maintained on the floor. Carts are locked at all times so their contents are secure.

Physicians' orders to discontinue drugs are recorded in both nursing and pharmacy records.

More than 200 drug orders are processed by the pharmacy on those days when all patient beds are filled.

The department has two full-time and one part-time pharmacist, two full-time and two part-time pharmacy technicians, a full-time IV technician and a student interne.

Control of drugs and their dosage is a serious responsibility of a hospital. Mrs. Nash is confident of the success of the new program.

FREEDOM HIGH'S CINDY WAMBOLD NAMED MISS MMC FOR 81-82

Cindy Wambold, Freedom High School junior, is the 1981 Miss MMC. She was crowned during the ceremonies on opening night of the Summer Festival, August 21. The runner-up in the annual contest among the hospital's youth volunteers was Donna Kospiah, Bethlehem Catholic High junior. Renee Hughes, Nitschmann Junior High, Bethlehem, was third.

The winner received a fall back-to-school wardrobe.

Ten-year old Jeffrey Hittinger, the most youthful of youth volunteers, received a special award for his assistance to the crews that erected the stand and tents.

Finalists in the Miss MMC Contest were Lori Adams, Alice Andrukaitis, Caroline Dumbach, Carla Ann Evans, Tina Warmkessel, Denise Welsh, Kimberly Wensel, Jill Kinter, Kimberly Rota, Ruth Yeager and Mark Christman, all of Northampton Senior High; Lori Allan, Michele Anthony, Audrey Bartholomew, Pat Geiser, Michelle Hamm, Rebecca Houser and Tracy Kleppinger, Northampton Junior High.

Heather Benner, Christie Bonesch, Robin Covey, Amy Jo Frankenhof, Vicky Garland, Lillian Hownestine, Tina Marie Jefferson, Carolyn

Kovach, Melissa Postie, Carol Rosamalia, Cheryl Sandt, Susan Walters, Ruthann Williams, Regina Polakovich and Dawn Racso, Nitschmann Junior High.

Barbara Berg, Annette Barner, Janet Barry, Tammy Tzope and Cindy Wise, East Hills Junior High; Jane Bodor, Denise Butryn, Lisa Cooch, Joanne Kozul, Michelle Marcisin, Susan Weinoffer, and Kenneth Gallagher, Jr., Bethlehem Catholic High; Kim Bernhard, Beth Gemi, Gretchen Gregoris, Lisa Zarzecki, Christine Folk, Mindy Garland, Stephanie Marshall, Julie VonSprechelsen and Warren Jefferson, Liberty High.

Tracy Flores, Kim Eline, Julie Miller, Karen Wisser, Lisa Weaver, Barbara Williams and Stephen Heptner, Northeast Junior High; Stephanie Santos and Mary Jones, Freedom High; Kay Neipert, Salisbury High; Crystal Ragsdale, Allen High; Lisa Scott, Saucon Valley Junior High; Gail Welber and Michelle Ondush, Catasauqua High and Janice Straka, St. Francis Academy.

Awards were made by Dr. Cathy Zuurbier Hayward, former MMC Candystriper. Mary Grace Stanton, director of volunteers, reported that the contestants sold 5,025 tickets in the Summer Festival raffle.

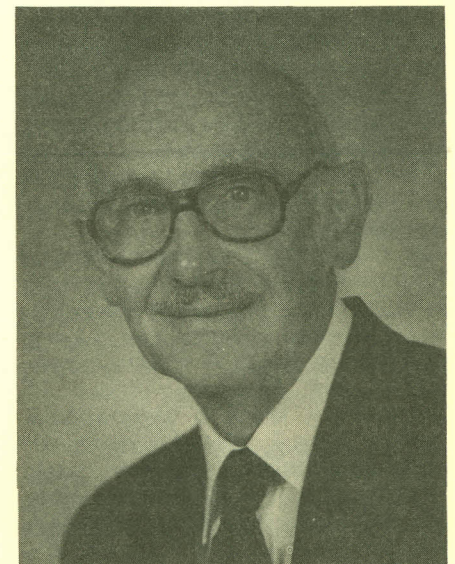
SUMMER FESTIVAL CROWDS SET NEW RECORD. 45,000 ON GROUNDS

"Wall-to-wall people" was how Chairman Austin Ueberroth described conditions at the 20th annual MMC Summer Festival, August 21-23. Some 45,000 men, women and children jammed the hospital's grounds for this fete which has become one of the summer's most popular events in the valley.

From the moment Rev. Ralph Hartzell, chairman of the Northampton County Council, cut the ribbon on Friday morning until the closing Sunday night, people arrived in a never-ending stream. Mr. Ueberroth predicted that a new record will be set in both attendance and proceeds.

Ideal weather conditions, an exciting midway, popular rides, an outstanding lineup of entertainment and two tents of craftsmen all helped to attract the crowds. The famous Harrowgate String Band from Philadelphia was the premier attraction. A hot air balloon not only provided a bird's eye view of the festival, but also gave the event visibility for miles.

The Summer Festival is co-spon-



Austin Ueberroth

sored by the Auxiliary and the Men of MMC. All proceeds will be used to purchase equipment for the hospital's Noninvasive Vascular Laboratory.

NEW MMC CHIEF OF MEDICINE CREATES SPECIALTY SECTIONS

Quality assurance reviews, mortality reviews and third party payer reviews prompt Dr. Gavin C. Barr, the new MMC chief of medicine to state, "It's impossible to hide in the practice of medicine."

Dr. Barr is structuring the Department of Medicine according to a plan that calls for several specialty sections. He listed these subsections as pulmonary diseases, gastroenterology, cardiology, rheumatology and dermatology. The Gastro-Intestinal Laboratory is also a function of the department.

The new chief emphasized that it is his responsibility to learn what each sub-specialty needs in terms of direction and awareness of its role in the total program of care. He also acts as the budget coordinator for all sections.

Dr. Barr noted that the hospital has established a high level of expertise and it is his responsibility to maintain the proper medical and educational standards.

The medical director, Dr. George Donaghue, administers all medical



Dr. Gavin C. Barr

services, including surgery, laboratory and the ancillary services.

Dr. Peter Ghatak, the assistant chief, is in charge of the medical education program. The schedule for 1981-82 calls for monthly evening meetings which will combine Medical Staff business with a lecture on a medical topic of concern.

STAFF LECTURE ON HYPER-ALIMENTATION

"Hyper-alimentation" was the topic of the September lecture to the combined medical and surgical staffs of Muhlenberg Medical Center.

The lecturers, Dr. George Tyler and Dr. K. Turner, discussed this condition which is caused by insufficient nourishment. Proper nutrients must be supplied intravenously to such patients.

The lecture, which was arranged by Dr. Peter Ghatak, followed the dinner meeting of the combined staffs.

Work Begins Oct. 5 On 32-Bed Patient Wing Fourth Floor

Construction of an additional floor to the Patient Care Wing of Muhlenberg Medical Center was scheduled to begin on October 5. Joseph W. Fitzgerald, the executive director, announced that work on the 32 medical/surgical bed unit should be completed by next July.

At their regular meeting on September 24 the board of directors of the hospital approved the bid of Ray B. Bracy Construction, Inc., Allentown, as general contractor. The Bethlehem FenceWorks will provide steel fabrication and erection. Bracy's bid was \$958,300, while the cost of steel and erection will be \$84,110. This total of slightly more than \$1 million is less than the estimated cost of the project.

The 22 beds in the Skilled Nursing Facility located in the original part of the hospital were phased out as of August 28. Those patients were either discharged or transferred to a local nursing home. Mr. Fitzgerald said the pharmacy, now in the hospital's lower level, will be relocated in this area on 3rd floor-west.

The project will be underwritten by tax-exempt bonds issued through the Lehigh County General Purpose Authority. The hospital now enjoys an "A-1" rating by Standard & Pors and an "A" rating by Moody's. There will be no cost to the taxpayers in this funding.

The MMC spokesman pointed out that, by the addition of a fourth floor to the patient wing and phasing out the skilled nursing beds, the hospital will add 25 medical/surgical beds that are badly needed. The program won the approval of the Health Systems Council of Eastern Pennsylvania, the State Department of Health and the U.S. Department of Health and Human Services.

Frantz Elected to Men of MMC Board

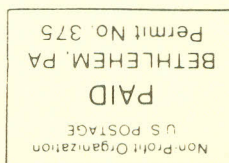
Frederick J. Frantz, Schnecksville, has been elected to the board of directors of the Men of Muhlenberg Medical Center. He is employed in the Bethlehem Steel Inspection Department.

Austin J. Ueberroth, the president, announced that the men are continuing to serve as ushers at the Worship Service in the hospital's chapel each Sunday. He said attendance at the services is improving.

Plans are being made to conduct a barbeque chicken sale in the fall as a fund-raising effort.

Mr. Ueberroth announced the appointment of the following committee chairmen: Long Range Planning, Paul R. Wieand; Charity, Irvin H. Lengel; Finance, Ralph W. Frantz; Constitution and By-Laws, Wilbur P. VonSteuben; Ways & Means/Coin Auction, John F. Sise; Membership and Annual Dinner, Douglas M. Hunt; Publicity, James F. Chambers; Worship and Ushering; Richard Bleiler; Summer Festival and Program, Elmer J. Paules, and Nominating, Roland W. Yaple.

Joseph W. Fitzgerald, the hospital's executive director, will be the speaker at the regular monthly meeting on Monday, September 28. He will report on the progress of renovations and expansion.



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